



East County Intercom

Isiah Leggett, County Executive

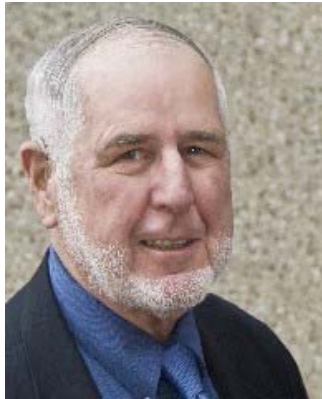
Timothy Firestone, Chief Administrative Officer

Anise Key Brown, Director

Kim Bobola, ECCAB Chair

Newsletter

February 2009



In memory of Councilmember
Don Praisner 1932-2009

http://www.montgomerycountymd.gov/Apps/Council/PressRelease/PR_details.asp?PrID=5252

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Topics of Interest

- East County Citizens Advisory Board Meeting Information
- The Peoples Community Wellness Center

The Peoples' Community Wellness Center at EMRSC



A Cooperative Venture
between the
People's Community Well-
ness Center (TPCWC), Eastern Mont-
gomery Regional Services Center
(EMRSC) & Mobile Med.
For questions, call TPCWC at
(301) 847-1172

Montgomery County Police
3rd Dist. Police - Silver Spring
801 Sligo Avenue,
Silver Spring, MD 20910
Tel # (301) 565-7740

UPCOMING EVENTS

President's Day February 16th, 2009

Free Job Search Assistance Workshops - *Need help with your job search?*

This popular workshop series is being repeated on four consecutive Tuesdays in February. They are presented by Marvin Adams, Certified Career Coach, Consultant and Instructor with over 20 years experience in career development. All workshops, except where noted, are held at the Eastern Montgomery Regional Services Center, 3300 Briggs Chaney Road in Silver Spring. Call #240-777-8400 to register.

Tuesday, Feb 3 ▶ **"Write it With Style"** 9-10:30 a.m.
(Advanced Resume Writing)

Tuesday, Feb 10 ▶ **"How to Get Results"** 9-10:30 a.m. (Job Search Strategies)

Tuesday, Feb 17 ▶ **"Location, Location, Location"** 10-12 p.m.
(Internet Power) * (*This workshop only will be held at the Praisner Recreation Center*)

Tuesday, Feb 24 ▶ **"Your Best Performance"** 9-10:30 a.m. (Interviewing/Negotiating)



FREE LEGAL ADVICE CLINICS -The Montgomery County Bar Foundation Pro Bono Program, in partnership with Eastern Montgomery Regional Services, will continue **free Legal Advice Consultations** for low income residents. The next clinics will be on **Thursday, February 5 and February 12, from 5:30 – 9:00 pm.** A client intake must be completed within the first half-hour. For more information, call the Pro Bono Program Monday through Thursday 8:30 am to 5:00 pm (301) 424-7651 or (301) 424-7652 or (301) 424-7633. For directions call 240-777-8400.



IS COMING HERE..... Two Montgomery College courses will be offered at the Eastern Montgomery Regional Services Center (EMRSC). **SPANISH I, PART I**, will meet on Monday evenings from 6:30-8:30 beginning **February 9**. **CREATIVE WRITING**, will meet on Wednesday afternoons from 1:30-3:30 beginning **February 11**. The courses are part of the college's Workforce Development & Continuing Education (WD&CE) Program. Brochures about WD&CE may be picked up at the EMRSC. To register for either course, go to

<http://www.montgomerycollege.edu/wdce/ce/foreignlanguages02.html>

For assistance, call Ms. Price, WD&CE Program Director at 240-567-5515.

TOWN HALL MEETING!

Montgomery County Executive Isiah Leggett will host a **Town Hall Meeting** on **Wednesday, February 11 at 7:30 p.m. at White Oak Middle School, 12201 New Hampshire Avenue, Silver Spring.** Previous town meetings have drawn thousands of residents who have taken advantage of the opportunity to voice their concerns to the County Executive. For more information, go to

http://www.montgomerycountymd.gov/Apps/News/press/PR_details.asp?PrID=5209

FREE ESOL CLASSES New **ESOL classes** (English for Speakers of Other Languages) for adults begin on **Tuesday evenings from 6:00-8:30 starting February 3rd** at the Eastern Montgomery Regional Services Center. The classes are open to all wanting to learn English. Both Beginner and Intermediate classes are offered. All classes are **free of charge** however a \$10 refundable deposit and \$20 book fee are required. To sign up for a class or to receive more information, call 240-777-8400. Classes are provided by the Chinese Culture and Community Center.



FREE INCOME TAX PREPARATION OFFERED BY TRAINED VOLUNTEERS—for *Middle and Low Income Montgomery County Citizens*. Call **240-777-2577** from 9:00 am to 3:00 pm **Mon-Fri** for an appointment.

LOOK WHAT YOU MISSED....



County Executive's Budget Forum: On January 29th, County Executive Isiah Leggett and County Budget Director Joseph Beach, spent the better part of two hours discussing the County's fiscal position with East County residents. It was standing room only at the Regional Services Center, with more than 75 people, who wanted to thank the County Executive for his past support and urged his continued funding of essential programs from Education to Libraries to Drug Rehabilitation and the Latino Health Initiative. Mr. Leggett stressed that a 450 million dollar budget shortfall meant he would have to make quite a few budget cuts in the Fiscal 2010 budget. He also promised the crowd that their opinions were very important for him to consider.



Dr. Martin Luther King, Jr. Day of Service— Nearly 300 people visited the Eastern Montgomery Regional Center to Volunteer on Martin Luther King A Day. The day consisted of opportunities for residents to volunteer their services on community projects and to participate in events in celebration of this day. The event was sponsored by Montgomery County's Volunteer Center in partnership with the Eastern Montgomery Regional Services Center. Parents and children, young and old, and husbands and wives joined in the spirit of giving to



benefit the community. Hundreds of sachets, greeting cards and other items were crafted for delivery to area senior homes and shelters. Many others offered their time to visit residents of area nursing homes. A story teller who shared the life of Dr. King was a highlight for all. And many, many bags of food items were donated for our neighbors in need. Residents who would like to pursue other volunteer opportunities should call the County's Volunteer Center or view opportunities at www.montgomerycountymd.gov.



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Consumer Protection Office Launches Webpage Providing Domestic Workers Model Contract—Montgomery County's Office of Consumer Protection (OCP) has launched a webpage that provides a domestic workers model contract, disclosure statement, resource links and information regarding the new law that protects the rights of domestic workers in Montgomery County. The law was passed in July of last year and goes into effect on January 18, 2009. The new site enables employers and domestic workers to print a written contract that complies with all of the provisions of the law. The contract can be printed in English, Spanish or French. Please direct any questions to Sue Rogan, OCP Communications Manager sue.rogan@montgomerycountymd.gov or 240-777-3722

THE HIGH COST OF CIGARETTES- The American Legacy Institute has recently conducted a study that found that the stress caused by the worsening of the economy has caused smokers to smoke more cigarettes per day or delay quitting (the article may be found at <http://www.americanlegacy.org/2753.aspx>). In addition, the price of a pack of cigarettes has gone up to about \$6.28 in the County. For more information, please call Ithara Phlong at 240.777.3497 or 240.777.3298 or send an email at Ithara.phlong@montgomerycountymd.gov.

Click <http://www.montgomerycountymd.gov/content/rsc/eastco/thehighcostofcigarettes.pdf> to review the flyer that displays the cost of smoking.



Student Upward Bound Program - Attention Residents: HOC is hosting two 8-week courses to help middle school children achieve top grades. For more information go to: <http://www.hocmc.org/documents/studentupwardboundprogram.pdf>

Grant Writing Workshop in Washington, DC February 26-27, 2009

Metropolitan Washington Council of Governments and Grant Writing USA will present a *two-day* grant writing workshop in **Washington, DC, February 26-27, 2009**. Beginning and experienced grant writers from city, county and state agencies as well as nonprofits, K-12, colleges and universities are encouraged to attend. Purchase orders, checks and cards are welcome. Multi-enrollment discounts are available. Tuition payment is not required at the time of enrollment. Tuition is \$425 and includes all materials: workbook and accompanying 220MB resource CD that's packed full of tools and more than 200 sample grant proposals. **Seating is limited, online reservations are necessary.** For more information including venue location and maps, graduate testimonials & instant, online enrollment, please visit <http://grantwritingusa.com/events/write/mwcoq0209.html>

Contact: Cathy Rittenhouse, Grant Writing USA @ 800.814.8191 / email cathy@grantwritingusa.com
or Janet Ernst, MWCOG @ 202.962.3228/ email jernst@mwcoq.org

More than 8,000 agencies across America turn to Grant Writing USA for grant writing, grant management and grant research training.

Montgomery County Celebrates Black History Month - In celebration of Black History Month, the public is invited to a free program that kicks off the month on Wednesday, February 4 at 7:00 pm in the Executive Office Building, Terrace Level, 101 Monroe Street, Rockville. For more information go to:

http://www.montgomerycountymd.gov/apps/News/press/PR_details.asp?PrID=5250 and
http://www.montgomerycountymd.gov/apps/News/press/PR_details.asp?PrID=5219

Do you need medical care that you cannot afford? Do you know about Montgomery Cares?

Help for Teens

Did you know that school nurses link students with an array of services to help teens?



From tobacco prevention, substance abuse, mental health counseling, to pregnancy prevention, a range of services is available through your nurse, as well as community organizations. If you'd like to learn more, call your school nurse:

Paint Branch HS	301-989-5613
Blake HS	301-879-1308
Springbrook HS	301-989-6091
Banneker MS	301-989-5764
Briggs Chaney MS	301-989-6026
F. Scott Key MS	301-770-8025
White Oak MS	301-989-5727

There is a network of community clinics in Montgomery County that provides health care services to low-income people who do not have health insurance. The clinics provide office visits, medicine, lab tests, x-rays, flu shots, diabetes classes and other health programs. If you are a low-income adult, age 18 or older, and live in Montgomery County, you may be able to receive low-cost health care services through the Montgomery Cares program. *For more information call the Montgomery Cares Information Line at 301.628.3455.*

Clinics in the East County Area

The People's Community Wellness Center:
301-847-1172
Eastern Montgomery Services Center
3300 Briggs Chaney, Silver Spring 20904
Mondays and Tuesdays 8:30-4:30,
Wednesdays and Thursdays 2:00pm-

MobileMed Holly Hall: 301-493-2400
10110 New Hampshire Ave.
Silver Spring, 20903
Wednesdays, 6:30pm -9:30pm

MobileMed East County: 301-493-2400
Eastern Montgomery Regional Center
3300 Briggs Chaney, Silver Spring 20904
Thursdays 8:30am - 12:30pm

Muslim Community Medical Center
301-384-2166
15200 New Hampshire Ave.,
Silver Spring, 20904
Monday thru Friday and Sundays
10:00am - 5:00pm

CIVIL RIGHTS HISTORIC BUS TOUR Montgomery County Office of Human Rights, Public Libraries, Office of Community Partnership and African American Employees Association is sponsoring a Civil Rights Historic Bus Tour from **April 6th until 11th 2009**. For details, go to <http://www.montgomerycountymd.gov/content/rsc/eastco/civilrightsanditen.pdf>

Down County Latino Network: Second Wednesday of every month 3:00 p.m.-4:30 p.m. at Impact Silver Spring, 501 Sligo Avenue, Silver Spring, MD 20910. Contact Karla Silvestre for more information: karla.silvestre@montgomerycountymd.gov

Marilyn J. Praisner Library, 14910 Old Columbia Pike, Burtonsville, Maryland 20866
Tel 240-773-9460. To review the Marilyn J. Praisner Library's upcoming events and

other learning programs go to Calendar of Events at:

<http://host.evanced.info/montgomerycountymd/evanced/eventcalendar.asp?ag=&et=&dt=dr&ds=2008-3-31&de=2008-9-30&df=list&cn=0&private=0&lib=5>

White Oak Library, 11701 New Hampshire Ave., Silver Spring, Maryland 20904 Tel 240-773-9555

Tues, Feb. 10 and 17 Cuddleups. Stories, songs and simple rhymes for 6 -23 months. 10:15 am

Thurs, Feb 5, 12, 19, 26. Preschool Storytime for ages 2-6. 10:15 am. Join us for stories, songs and fingerplays.

Sat, Feb 28. Bilingual Chinese/English Storytime. Learn more about the Chinese language & culture with fun activities. 10:15 am.

To review the White Oak Library's upcoming events and other learning programs go to Calendar of Events at

<http://host.evanced.info/montgomerycountymd/evanced/eventcalendar.asp?ag=&et=&dt=dr&ds=2008-3-31&de=2008-9-30&df=list&cn=0&private=0&lib=20>



Meeting and conference room space is available at the Eastern Montgomery Regional Center. *To reserve space, call the CUPF agency at #(240) 777-2706*

FOR MONTGOMERY COUNTY NEWS - go to
http://montgomerycountymd.gov/Apps/News/press/PR_list.asp



To subscribe to our East County Newsletter, Programs & Events, click here
<https://ext01.montgomerycountymd.gov/entp/s1p/esubpublic/newssubscriber.do>

East County Citizens Advisory Board (ECCAB)

Residents are invited to attend the East County Citizens Advisory Board meetings and encouraged to ask questions & provide comments.

Our next ECCAB meeting will be held at the Eastern Montgomery Regional Services Center on
Wednesday, February 4, 2009 at 7:15pm

For questions please contact : Tel (240) 777-8400 / TTY (240) 777-8418

Meetings are open to the Public!

ANNOUNCEMENT!

Colesville Strawberry Festival Committee seeks applications for the position of a Committee Chair.

Interested East County applicants, please call Eastern Montgomery Regional Services Center, Anjoo Chohda @ 240-777-8411.

The Montgomery County Department of Health and Human Services (HHS) is offering evening hours every Tuesday from 5 to 7 p.m. at three locations. Applications will be accepted and screening services will be available for income support programs, health care programs and child care subsidy and rental assistance. Some programs, such as emergency services and medical assistance for long-term care, require appointments. Services will be available at:

8818 Georgia Avenue
Silver Spring, MD

1301 Piccard Drive
Rockville, MD

12900 Middlebrook Road
Germantown, MD

For information, call the HHS Information and Assistance Unit at 240-777-1245

Eastern Montgomery Regional Services Center

3300 Briggs Chaney Road

Silver Spring, MD 20904

Phone: 240-777-8400 / Fax: 240-777-8410

e-mail: eastco.citizen@montgomerycountymd.gov

web : <http://www.montgomerycountymd.gov/eastco>



FREE Compost Bins

available at EMRSC

Call 240-777-8400

M-F 8:30 am -5:00 pm

Delays, Closings, & Other Information Due to Winter Storms & Emergencies - Stay safe out there !

Please visit <http://www.montgomerycountymd.gov/mcgtmpl.asp?url=/Content/PIO/emergency/snow.asp> to keep updated on county services, traffic information, and school closings.